

## FACE MASK PROTOCOLS (from the CDC)

### Design principles:

1. Build a mask that tightly encloses the area around the nose and mouth, from the bridge of the the chin, and extending onto the cheek beyond the corners of the mouth, so no gaps occur when talking or moving.
2. Use mask material that is tightly woven but breathable. Possibly double-layer the fabric.
  - Masks must be made from washable material such as fabric. Choose a fabric that can handle high temperatures and bleach without shrinking or otherwise deforming.
3. The mask should be tolerant of expected amounts of moisture from breathing.
4. Other Considerations
  - Suggested materials- outer layer tea cloth, inner layer of a microfleece to wick away moisture, and an inner tea cloth layer. Use an accordion fold to mimic a hospital mask as much as possible and use a fat woven shoelace type material to bind the sides (such as quilt binding). For straps, use elastic straps that loop behind the ears.

# OPTION 1

## For Medical Donation

### INSTRUCTIONS FOR HOMEMADE FACE MASK (WITH ELASTIC)

#### Materials needed (with elastic)

- Tight-weave cotton fabric (i.e. quilting cotton)
  - Fabric must be newly purchased within approximately the past year and never used.
  - Wash and dry fabric without fragrance or dyes prior to sewing.
- Rope Elastic, beading cord elastic will work (you may also use 1/8" flat elastic if 1/4" is unavailable. Some have used wider flat elastic and cut it in half with some success).

One adult mask requires two (2) 9"x6" pieces tight-weave cotton and two 7" pieces of 1/4 inch elastic. Therefore, one yard of 44" wide fabric yields 12-15 masks. You need 7.5 yards of elastic for 25 masks (14 inches per mask).

You can make two sizes: Adult or Child. **Adult-sized masks will be the greatest need.**

1. Put right sides of cotton fabric together (Be sure any fabric design is placed horizontally.)
  - a. Cut 9x6 (Adult) or 7.5 x 5 (Child)
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Now sew across that top of the mask to the next corner. Again, put an elastic with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn inside out.
7. Pin 3 tucks on each side of the mask. Make sure the tucks are the same direction
8. Sew around the edge of the mask twice.

# OPTION 2

## For Medical Donation

### INSTRUCTIONS FOR HOMEMADE FACE MASK (NO ELASTIC NEEDED)

#### Materials needed

- Tight-weave cotton fabric (i.e. quilting cotton)
  - Fabric must be newly purchased within approximately the past year and never used.
  - Wash and dry fabric without fragrance or dyes prior to sewing.
- Options for Ties
  - Bias Tape (either  $\frac{1}{2}$  or  $\frac{7}{8}$  as available)

#### OR

- Make ties from strips of fabric indicated above (cut strips 2 " wide by 16" long)

One adult mask requires two (2) 9"x6" pieces tight-weave cotton and four (4) 16" pieces of bias tape or fabric ties (64" total per mask). Therefore, one yard of 44" wide fabric yields 12-15 masks. You need 21  $\frac{1}{3}$  yards of bias tape for 12 masks.

You can make two sizes: Adult or Child. Adult-sized masks will be the greatest need.

1. Place right sides of cotton fabric together (Be sure any fabric design is placed horizontally.)
  - a. Cut 9x6 (Adult) or 7.5 x 5 (Child)
2. Starting at the center of the bottom edge, sew around the edges of the fabric leaving about 1.5" to 2" open.
3. Stop, cut the thread. Turn inside out.
4. Pin three (3)  $\frac{1}{2}$ " tucks on each side of the mask. Make sure the tucks are the same direction.
5. Make ties using Bias Tape or Fabric.
  - a. Bias tape: stitch closed.
  - b. Fabric: Fold in half, turn under  $\frac{1}{4}$  " on each long side, iron in place. Stitch long edges closed.
6. Pin one (1) tie at each corner.
7. Sew around the edge of the mask twice, catching the bias tape as you go.

**OPTION 3**  
**(For Personal Use)**

Adult  
BoB Size

Adult  
BoB Size

X

**OPTION 4**  
**(For Personal Use)**

